

Boundaries With Kids Reflection Paper

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Before even getting into all of the laws in *Boundaries with Kids* by Dr. Henry Cloud and Dr. James Townsend, makes a great take away point in chapter 2 about the importance and meaning of parenting. Many people having kids get fixated on raising the child without realizing that they are actually raising a future adult. I liked the point the writers made about how parenting is meant to help these tiny humans to be functional adults that can handle life's adversaries and responsibilities. As a counselor the authors talk about how they have seen certain character traits that are under developed and they can tell this stemmed straight from childhood and the boundaries and freedom their parents had on them.

Moving on to the Laws in this book I learned so much in chapter 4 with the Law of Sowing and reaping. The authors talked about the difference between psychological consequences versus reality consequences and this blew my mind because many parents do not practice reality consequences; and I probably wouldn't have either until I read this chapter. No matter what, children are going to make mistakes and it will be up to the parents to discipline them because all actions have consequences. However, for children to best learn why their negative action has a negative consequence, they should have consequences that relate to the situation.

Chapter 5 brings up a point that directly relates to what I am trying to teach my pre-k students as their teacher with the "Law of Responsibility." Teaching my kids how to own their individual feelings and behaviors is crucial to having a good time in class or else I would constantly have 18 four year olds trying to throw their own feelings onto me so I can be responsible for them. The authors say, "Children will take every opportunity they can to shrink their responsibilities until we make taking ownership an expected lifestyle"(Cloud & Townsend pg.81) and this is why I make this a top priority in my classroom so I can help my students learn

how to problem solve through their own feelings. Four year olds have so many big feelings in such a tiny body so it can be overwhelming for them, and I can understand why they try to shrink their responsibilities.

Most families who step into my office will be there because of their problems with boundaries in their home. Unfortunately, they probably will not read this book, so good thing I did so I can help these parents learn a little about the importance of boundaries with their kids. I will probably be taking points out of chapter six the most because the authors give great examples of how parents can deal with power struggles in the home, whether it's with the individual person or the kids to their parents, siblings, or their peers. I want to help parents understand what their child is going through and why they might be feeling this way by using a quote from this chapter that says, “ A child enters this world with almost no power over himself. To compensate, he exerts enormous energy in controlling his parents. Your job is to gradually increase power of himself and decrease his attempts to control you and others” (Cloud & Townsend pp. 98-99).

Many parents and children nowadays have a problem with respect and it's such an important aspect of every single relationship. In friendships and intimate relationships, respect is on the forefront of what makes the relationship tolerable and enjoyable, but for some reason when it comes to families, many people let respect slip through the cracks. I really enjoyed how chapter seven touched on this subject and it explains how disrespect should never be tolerated in the familial relationship; it should be stopped and corrected immediately. There' some great examples in this chapter that show how to correct behavior while still being empathetic and how to pair those certain behaviors with consequences that correlate. Again, this life is a kid's first attempt at many things so it's important that as parents we show them what their actions caused,

like hurting others feelings, because 9 times out of 10 they aren't realizing what consequences their actions are causing.

In chapter 11 I learned that it's ok and necessary to limit children and to frustrate them on the things they might want. There has to be a balance between gratification and frustration so the child doesn't feel entitled to everything in life and for their safety as well. Sometimes I feel bad when I tell one of my kids no because when they get can become extremely upset, but like the authors mentioned, kids feel their feelings to the extreme. I cannot let my kids run around and whatever they want and get whatever they want because the environment will become extremely unsafe very quickly. They may feel like they hate me in the moment but once I grant a different request I will be their favorite teacher again.

Like I have stated before, I work with children and many of the techniques in *Boundaries With Kids*, I use on my students because it's the most efficient way to keep my classroom manageable. Chapter thirteen's "Law of Exposure" is something that I practice the most with my pre-k students. I have to teach them to deal with their own thoughts, feelings, and actions, but physically I can't handle 18 students constantly coming up to me, so I can sit and solve every one of their problems. If one of their friends says or does something they don't like and they come to me about it, I redirect them to that person so they can hash it out respectfully with one another.

Bibliography

Cloud, D. H., & Townsend, D. J. (1998). *Boundaries with kids*. Zondervan Publishing.